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DISCOVER · ACHIEVE · BELONG

Ralph McKenny, 72, and Barbara McKenny, 49, say they've lodged a complaint with the Manitoba Human Rights Commission after Manitoba Housing kept them in the dark about why construction was taking place in their seniors complex before telling tenants to be out by Oct. 31. The pair also say the construction has included asbestos removal without their knowledge. SHANE GIBSON/METRO

Manitoba Housing accused of keeping residents in the dark

Seniors complex. Pair claims they were misled about evictions, asbestos removal

SHANE GIBSON
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Following three years of construction at their Manitoba Housing seniors complex, two residents say they're getting evicted after being told they'd be able to stay.

And to make matters worse, the pair says the construction has included asbestos removal without their knowledge and without additional protection being given to residents.

"It's damaging us," said Ralph McKenny, 72, who has lived at the building at 555 Ellice Ave. for six years.

He said he only learned about the asbestos after asking a worker why he was wearing a mask.

"He said it's for asbestos removal, and I said, 'Really?' ... They shouldn't have had any sort of removal of asbestos while anybody's living in the building."

McKenny and his relative Barbara McKenny, 49, who also lives in the building, said the only notice they've seen was a sticker posted on a neighbouring suite last week — the same day they say an inspector from Manitoba Workplace Safety and Health came by to follow up on a complaint they'd made. They said the sticker was removed later that day.

The pair also made a complaint to the Manitoba Human Rights Commission after residents were given notice in June to leave their suites by Oct. 31.

Nadine Delisle with Manitoba Housing said the work is being done to get the building ready to become an assisted-living facility in 2015. She said residents are being asked to leave while work that could impact them — like replacing the boiler and repairs to the elevators — is done. She said residents can return when the restoration is complete but admits they'd have to pay up to $700 more a month to take part in the assisted-living program.

McKenny and Barbara both said the extra cost means they can't afford to move back.

Delisle said she wasn't aware asbestos was being removed from the building but said she would look into it.

Meanwhile, Manitoba Housing is helping residents find new homes at other buildings, but McKenny and Barbara both said they want construction halted until residents leave.

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NEWS 1

IDEA MAY BE DEAD, BUT PEOPLE STILL WANT IT

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

Let me start by saying that having one of these summons no real emotions from me, positive or negative. Personally, I'm fine either way, I'm just telling you what I know and what people tell me.

I talk to a lot of people, and while there is probably more interest at present regarding the drama around the Winnipeg Jets' Evander Kane than there is with the upcoming mayoral election, there is still one word (two?) that comes up all the time.

Water. Park. People still want one. The only thing that doesn't exist yet won't go away. Orange Is the New Black, and a water park is the new Ikea.

Again, this is not me saying that we need a water park. What I am saying, though, is that people are saying we need a water park. I'm just the messenger.

I am well aware that priorities in this town are potholes, budgets, snow removal, infrastructure, crime, transparency, etc., and of course those things should dominate mayoral platforms.

I am also very aware that people want fun. Fun for many is a water park, and they'll go somewhere else to get that fun if they can't find it where they live.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Members of the Canadian Forces help distribute sandbags on Ferry Road in the RM of Cartier last week. SHANE GIBSON/METRO

Flood costs: Tally at $200M and rising

Assiniboine falling. Some military personnel to remain in case of emergency

With the flood threat dropping across much of southern Manitoba, the military began to pull out of the region over the weekend and government officials started tallying up the damage from a week of surging water.

Repairs to roads and bridges in the western part of the province, where the Assiniboine River rose first, will cost an estimated $200 million, the provincial government said.

Another $60 million in farm aid will be needed to compensate for about 3,840 square kilometres that cannot be seeded this year due to flooding. More money is expected to be needed for livestock producers.

Premier Greg Selinger thanked the more than 500 military and reserve members who were deployed after he declared a state of emergency a week ago. They set up hundreds of thousands of sandbags, shored up dikes and monitored them for leaks.

"To get those people here ... with the equipment and skills and the training that they brought to the table has made a gigantic difference."

With the Assiniboine falling in most areas, most of the military personnel were headed back to their bases Friday. A small number were to remain behind in case an emergency arose and to help with aerial surveillance of the river.

Many of the evacuees both this year and during the last big flood in 2011 have been from First Nation communities such as Lake St. Martin, where residents are still out of their homes from the 2011 deluge.

Aboriginal leaders meeting in Winnipeg on Friday said they were frustrated at the lack of an agreement to find new homes for residents of the flood-prone reserve. Selinger said he was working on a deal with the federal government, which has jurisdiction over First Nations.

"I have to say it requires more patience than I probably have. I'd like to have it done and in place now."

THE CANADIAN PRESS

Head-on crash. Two Manitoba men facing impaired driving charges

Two men are facing impaired driving charges after police say two drunk drivers hit each other on a highway near Landmark on Friday night.

St. Pierre-Jolys RCMP were called to the scene on Provincial Road 206, just south of the Trans-Canada Highway after a southbound pickup truck and a northbound pickup truck crashed head-on around 10 p.m.

Two of the four occupants in the southbound truck were taken to hospital, while the other two were treated and released at the scene. The lone driver of the northbound truck was treated and released at the scene.

Both drivers, a 40-year-old man from Landmark and a 24-year-old man from Winnipeg, were found to be impaired and are facing charges.

RCMP continue to investigate. **METRO**

Cops warning women as sex offender is released

Winnipeg police and the RCMP are warning women to take protective measures following the release of a high-risk sex offender with a lengthy history of violent sexual assaults.

Kenton Richard Bryer, 50, who also goes by the name Richard Dale Bryer, was released from Stony Mountain on Saturday after serving 37 days in jail for breaching his long-term supervision order, testing positive for THC in June.

Police say that while Bryer has taken treatment programs in the past, they consider him to be at a high risk to re-offend and all females are at risk.

Bryer, who was designated a "Long Term Offender" in August of 2009 after several convictions, including sexually assaulting two teenage girls at knifepoint, is expected to take up residence in Winnipeg.

Anyone with information on Bryer is asked to contact the Manitoba Integrated High Risk Sex Offender Unit at 204-984-1888.

Kenton Richard Bryer COURTESY WINNIPEG POLICE/RCMP

However, police do add that vigilante or other unreasonable conduct toward Bryer will not be tolerated. **METRO**

Mayor Sam Katz, right, and acting CAO Deepak Joshi listen during last Wednesday's executive policy committee meeting. BERNICE PONTANILLA/METRO

Lost reports found

Exec policy committee. Pair of reports are part of $210M downtown police headquarters project audit

BERNICE PONTANILLA
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A pair of missing status reports on the new downtown Winnipeg police headquarters project audit have been found, a city official said on Friday.

The reports form part of the audit on the $210-million construction project, expected to be tabled during a special meeting of the executive policy committee (EPC) on Tuesday.

Steve West, manager of corporate communications, said the "public service located the reports and will be moving them through the reporting process" to EPC, which is also the audit committee.

During last Wednesday's EPC meeting, citizen David Sanders said the firms auditing the police HQ project were required to submit the monthly reports and "told that those dates were fixed."

"Where are the required April, May and June status reports from Turner & Townsend and the required May and June status reports from KPMG?" asked Sanders.

City auditor Brian Whiteside told EPC that he inputted the reports for April and June into the city's internal information site.

He added that there was a change in firms in late April, the reason for no report in May.

Coun. Jeff Browaty pointedly asked acting CAO Deepak Joshi if he'd seen the report. "Not that I recall," was Joshi's answer.

Coun. Justin Swandel then asked who in the city's staff reads reports when they're added to the internal system, to which Joshi replied, "In the case of the auditor's reports, the CAO doesn't review his reports."

Whiteside then clarified that the CAO wouldn't have been CC'ed on the report; however, the CAO's office manager would.

"That reports to him," said Coun. Russ Wyatt.

"Correct," added Whiteside.

Moratorium. Group calls for stop to new suburbs

An organization representing 13 construction and trade unions says Winnipeg needs to stop building new large-scale suburbs for several years.

The Manitoba Building and Construction Trades Council is calling for a minimum 10-year moratorium on major housing developments.

The group says the new neighbourhoods put a strain on the city's budget while adding to the growing infrastructure deficit.

It says the demand for new emergency services, schools, libraries and other municipal services created by these suburbs can be financially crippling.

It says Winnipeg's existing roads and older neighbourhoods are ignored and continue to crumble.

Some at city hall, however, say the new suburbs are critical for population growth and to prevent people leaving the city for the expanding bedroom communities.

"They'd be using our services yet going outside and paying their taxes to a rural municipality, which I don't think is good for the infrastructure for the City of Winnipeg," said Coun. Scott Fielding.

The construction trades council said it's putting out its position now because it's an election year and it wants to know where candidates stand.

THE CANADIAN PRESS

Attempted murder case. Man, 19, arrested, charged after 20-year-old man shot

Police have made an arrest in the shooting of a man early Thursday morning in downtown Winnipeg.

Police responded to a report of a fight near the corner of Graham Avenue and Carlton Street around 1:15 a.m. when shots rang out.

A 20-year-old man found with gunshot wounds to both his upper and lower body was rushed to hospital critically wounded. His condition had improved to stable by later that day.

Police said on Friday that the tactical support team saw the suspect in the process of shooting and immediately took him into custody without trouble and recovered the firearm.

Winnipeg resident Keanu Algabre, 19, is facing charges of attempted murder with a firearm and other firearm-related offences.

He was detained at the Provincial Remand Centre.

Police said their investigation is ongoing.

METRO

Arson investigation. Cops launch probe after man dies from semi-trailer fire

A 44-year-old man has died following a semi-trailer fire last Tuesday, Winnipeg police said on Friday.

Firefighters and paramedics found the man inside the trailer, which went up in flames at 2:15 p.m. in the area of Logan Avenue and Lizzie Street.

Police said the man was taken to the Health Sciences Centre in critical condition and later died from fire-related injuries.

The victim's name is not being released, pending notification of his family.

Police said the arson unit is continuing its investigation.

METRO

Any information?

The arson unit is continuing its investigation. Police ask anyone with information to call them at (204) 986-6813 or Crime Stoppers at (204) 786-TIPS (8477).

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News worth sharing.

Lac-Mégantic. Quebec announces $60M in aid

Quebec is granting an additional $60 million to compensate victims of last year's catastrophic train derailment in Lac-Mégantic, which left 47 people dead.

Municipal Affairs Minister Pierre Moreau told a news conference that $37 million of the amount would go to the owners of businesses in the disaster area.

A large swath of Lac-Mégantic's downtown was destroyed when a runaway train loaded with volatile fuel oil jumped the tracks and exploded.

The government says it heard the complaints of those affected by the disaster in the town of 6,000 and wanted to bring some balance to the treatment of their cases.

Business owners had complained they weren't getting help fast enough.

Moreau says there will be meetings this week with 37 business owners and that the compensation is available now.

There will be incentives offered to owners who want to rebuild their businesses in Lac-Mégantic.

Moreau says if they wish to leave the area, they will be compensated for their sites based on fair market value. To this day, much of the damaged downtown remains off-limits as decontamination work continues. THE CANADIAN PRESS

Colorado

Lightning in park responsible for two separate deaths

Park spokeswoman Kyle Patterson says officials were notified Saturday of four people being struck by lightning near Trail Ridge Road in Colorado's Rocky Mountain National Park.

The four were rushed to hospital, but 52-year-old Gregory Cardwell died of his injures.

On Friday, lightning killed one woman and injured seven other people. That also occurred near Trail Ridge.

THE ASSOCIATED PRESS

Italy

Costa Concordia to be towed from Tuscan island

Franco Gabrielli, who heads the Civil Protection Department overseeing the Costa Concordia's removal, told reporters on Giglio Island on Sunday that weather conditions are good enough to permit the start of operations to re-float and tow the Concordia to Genoa on the mainland for scrapping. He also promised that a search will be conducted for the only unrecovered body of the 32 Costa Concordia shipwreck victims.

THE ASSOCIATED PRESS

Casualties rise over weekend as Ukraine continues assault

Under siege. Military uses airstrikes, artillery fire to battle pro-Russian insurgency in the east

A man looks out the window of his apartment, damaged by shelling, in Slovyansk, eastern Ukraine, on Sunday.
EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Russia's foreign ministry said Sunday that a Ukrainian shell hit a Russian border town, killing one person and seriously injuring two others. Ukraine denied firing a shell into Russian territory.

President Vladimir Putin expressed "grave concern" over the incident, Russian news agencies quoted his spokesman as saying. A statement from Russia's foreign ministry labelled the event a "provocation" and warned of the possibility of "irreversible consequences, the responsibility for which lies on the Ukrainian side."

Russia said the shell hit the courtyard of a residential building in the Russian town of Donetsk — near the Ukrainian city of the same name that has become a rebel stronghold — early on Sunday.

Ukraine's restless east has been mired in a pro-Russian separatist insurgency against the Kyiv government.

Ukrainian officials denied that any Ukrainian shells had fallen on Russian territory. Andriy Lysenko, a spokesman for Ukraine's National Security and Defence Council, placed blame for the attack on the rebels themselves.

Ukraine's Donetsk, where rebels have gathered to regroup after a major Ukrainian offensive last week, was quiet on Sunday. But some 150 people from the settlement of Maryinka, on the outskirts of the city, were moving into dormitories at a local university after their homes were bombarded during the night.

Artillery fire in Maryinka late on Friday left at least four people dead, but the number of casualties in the latest bombing was unclear.

Ukrainian defence officials said Sunday that the air force had performed 16 sorties and carried out five airstrikes on rebel positions over Saturday.

Interfax-Ukraine cited Lysenko on Sunday as saying that several dozen rebels had been killed and rocket launchers and armoured vehicles destroyed in the attacks. He also said that seven servicemen had been killed and 30 wounded in the past day.

Following the loss of at least 19 soldiers in a rocket attack by the pro-Russian militia Friday morning, Ukrainian officials have claimed to have killed large numbers of rebel combatants, although there has been no independent verification.

THE ASSOCIATED PRESS

Quoted

"We were bombed so terribly.... They blew up our houses."

Refugee Svetlana Panteleyeva, one of 150 people forced to move into the dormitories of Donetsk University early Sunday morning after their homes in Maryinka were bombarded

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No sign of ceasefire days into Israeli offensive

An Israeli armoured personnel carrier drives along the Israel and Gaza border Sunday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

Gaza Strip conflict.
Thousands flee homes amid bombings as Israel prepares possible ground invasion

Thousands of Palestinian residents of the northern Gaza Strip fled their homes on Sunday and sought safety in UN shelters, heeding warnings from the Israeli military about impending plans to bomb the area in the sixth day of an offensive against Hamas that has killed more than 160 people.

The fighting showed no signs of slowing, despite international calls for a ceasefire and growing concerns about the mounting civilian death toll in Gaza. U.S. Secretary of State John Kerry spoke to Israeli Prime Minister Benjamin Netanyahu and voiced "readiness" to help restore calm, while Egypt, a key mediator between Israel and Hamas, continued to work behind the scenes.

Amid the diplomacy, Israel said it was pushing forward with preparations for a possible ground invasion of Gaza. Thousands of troops have massed along the border in recent days.

"We don't know when the operation will end," Netanyahu told his cabinet on Sunday. "It might take a long time."
THE ASSOCIATED PRESS

Harper weighs in

Terrorists are deliberately placing people in the path of an Israeli offensive aimed at stopping rocket attacks from Gaza, attests Prime Minister Stephen Harper.

- Harper says there is evidence that Hamas is using human shields.

THE CANADIAN PRESS

Military targets. Recent Palestinian casualties mostly civilians: UN office

The target was the Gaza police chief. He survived the Israeli airstrike on a cousin's home with critical injuries, but 18 family members were killed, including five children and teens.

The weekend attack highlighted Israel's broad definition of military targets in its current offensive against the Islamic militant group Hamas. The army says those targets include senior Hamas activists and their homes, even as it insists it is doing the utmost to spare bystanders by warning them to clear out.

However, the UN Office for Humanitarian Affairs said Sunday that civilians made up the majority of Palestinian casualties over the past six days.
THE ASSOCIATED PRESS

Civilian casualties

133

Civilians make up 133 of the 168 Palestinians killed and nearly half of the more than 1,100 wounded, says a UN office.

Germany

Cops let protester use megaphone

German police allowed an anti-Israel protester to shout slogans including "child murderer Israel" through a police megaphone, a spokeswoman for Frankfurt's police said Sunday. THE ASSOCIATED PRESS

France

Protesters try to get into synagogue

Pro-Palestinian protesters tried to force their way into a Paris synagogue Sunday with bats and chairs, then fought with security officers, according to police and a witness.
THE ASSOCIATED PRESS

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Can BlackBerry rise from the ashes?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the BlackBerry phoenix rising from the ashes — or perhaps is the recent show of share-price strength merely a puff of smoke from a dying fire? The five-year high of $12.01 on July 5 gave investors renewed hope that there may be life left in Canada's once-favourite tech stock.

Just to recap (while rubbing salt in the wounds of those who bought BlackBerry in the pre-recession years and still own it), the cellphone maker was trading at $148 in mid-2008. Five years later, it had slid to just over six bucks.

If you look at a short-term chart, it has been a jolly though volatile ride to a nearly 50 per cent increase in the past year. BlackBerry is also outperforming Google, Samsung and the Nasdaq itself in the first half of 2014. Bully for those who took the chance last summer.

Future on hold

3.8%

BlackBerry had 43 per cent of the U.S. cellphone market in 2010. Today's market share: 3.8 per cent.

But back to the smouldering ruins of this formerly great company. Is there any real reason to buy now or, for that matter, to hold? The latter is a particularly important question for investors who have made a nice gain in the last few months.

If there is hope for BlackBerry, it likely lies in one place: software.

Wait a minute! BlackBerry's claim to fame has always been hardware, the phone that U.S. President Barack Obama loves.

But all of BlackBerry's post-recession failures have been in hardware. From last year's delayed Z10 phone to the PlayBook tablet all the way back to the Bold phone — which the iPhone quickly stomped into oblivion — it has been hardware that keeps tripping up BlackBerry.

Though the new, very square (literally) BlackBerry Passport smartphone is launching in September, CEO John Chen is racing to dominate the Internet of Things with software that will seamlessly connect your entire life to the Internet. He has made a number of moves in that direction since taking over the helm last November.

Aside from anything else, if Chen is even marginally successful and manages to staunch BlackBerry's cash bleed, he will turn the company from a short seller's delight into a takeover target.

Smartphone to replace the bank teller?

A smartphone user checks their bank account with an online banking app from CIBC in this 2011 file photo. Smartphones are set to be the next big thing in consumer banking, holding the promise of everything from fewer trips to the local bank branch or ATM to the convenience of tap-and-go payments at retail outlets. But a number of hurdles still need to be overcome. Many expect there will be an even bigger jump in usage if the banks, merchants and telecom companies can figure out a better way for customers to make purchases with their smartphones by tapping a retail terminal at the counter. THE CANADIAN PRESS

Never rat on your friends?

CRA's offshore tax snitch hotline a hit

The Canada Revenue Agency has 80 new leads on taxpayers who may be hiding money offshore after getting hundreds of calls on its new snitch line.

The flush of information has even the agency's harshest critics acknowledging the initial success of the hotline, established Jan. 15 to help ferret out billions of dollars stashed overseas.

The so-called OTIP line — for Offshore Tax Informant Program — was promised in the March 2013 budget but took 10 months to set up.

As of May 31, more than 800 people rang the number, drawn by a cash reward system that gives the tipster up to 15 per cent of the amount that the agency eventually collects in taxes. THE CANADIAN PRESS

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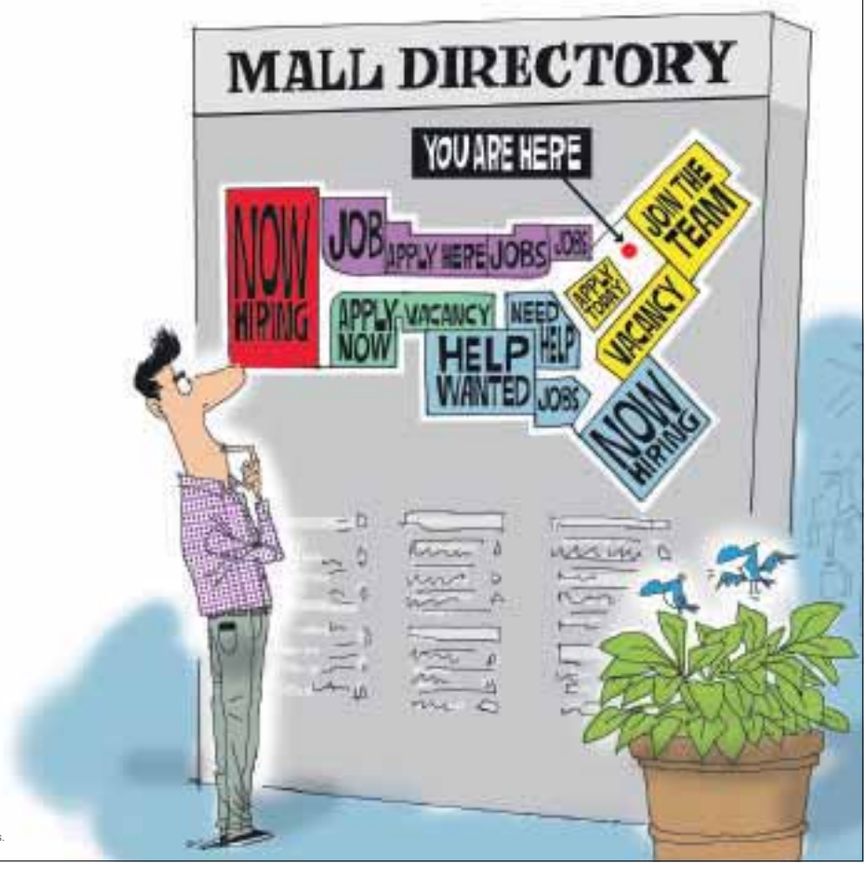

POLITICS IN 140 CHARACTERS

URBAN COMPASS

Colin Fast
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If I see one more picture of a smiling politician at some public event, I might lose it.

While most of us are guilty of selfie disease from time to time, this year's crop of mayoral candidates have raised things to pandemic levels with their non-stop tweeting and facebooking of poorly focused shots of them doing the things that politicians do.

"Here I am at the folk festival! Here I am at a fundraiser! Here I am at a Bombers game! Here I am with a random person I met on the street!" Folklorama is going to be insufferable.

Hilariously, the candidates are often photographed together at these events, like a bunch of chums out for a night on the town.

But while they seem to have placed a high priority on their social-media strategies, the same can't be said for their plans to run the city.

The lack of any real vision or substantial policies at this point of the campaign — almost halfway in — is downright depressing.

They are still watching what's going on at city hall, right? I know sitting in the public gallery doesn't make for a fun photo, but it's surely more important than your appearance in a living flag or a ukelele concert.

The trail of damning audits continues to grow, and citizens are actually paying attention! So it would seem like an ideal time to talk about big ideas and real changes, instead of just focusing on retweets.

Politicians like U.S. President Barack Obama or Calgary mayor Naheed Nenshi are celebrated for their use of social media, but their elections were won on ideas, not "likes."

Prior to launching his campaign, Obama wrote an entire book that outlined his positions on the important issues of the day.

Nenshi and his wonder twin in Alberta politics, Mayor Don Iveson of Edmonton, talked about the concept of "politics in full sentences."

Did many voters actually read Obama's book or Nenshi's or Iveson's text-heavy brochures? Not likely, but these pieces at least gave the appearance these guys had a plan.

Meanwhile in Winnipeg, we don't have anything near "politics in full sentences." We've got politics in 140 characters.

To be fair, each of the major candidates — Brian Bowman, Paula Havixbeck, Gord Steeves and Judy Wasylycia-Leis — have announced a few ideas. They haven't all been bad but they have been small and scattered.

Small thinking got us to where we are today. And now this city has big problems that are only going to fixed by big, meaty plans.

As the candidates continue to make their way around the summer barbecue circuit, let's hope they put down their smartphones long enough to throw some steak on the grill and give us all something to really think about.

WE ACT: CANADA DOES GOOD

'Lots of littles make a big' for volunteer

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Michelle Gabrielle, dedicated volunteer

Where: Halifax, N.S.

What: Every month, Gabrielle chooses a charity, asks for their wish list and then passes the list around to her family, friends and co-workers. In this year alone, she has collected donations for Out of the Cold, an orphanage in the Dominican Republic, My Best Friend's Closet, Hand in Hand, Phoenix House and Family SOS. She also finds time to volunteer at the St. George's Soup Kitchen on a weekly basis and donated clothing and toys this past holiday season. She even gave away the boots off her feet.

Why did you start volunteering? "My mom would knit mitts if she had the extra yarn — which wasn't very often — for our equally poor neighbours. She taught me to remember what we came from, and I hope that I never lose that."

What do you like about volunteering at the soup kitchen? "I get first-hand access to helping people, which is wicked because they tell me what they need. They'll say, 'I need boots or shoes, I need a raincoat or I need a place to live.' It's a first-hand connection."

Volunteer Michelle Gabrielle has a special talent for making wishes come true. CONTRIBUTED

Persistence

"I could do this forever. I don't want to be the person that *used* to do nice things."

Michelle Gabrielle, Halifax-area do-gooder, on what keeps her going

What inspires you to keep going? "I could do this forever. I don't want to be the person that *used* to do nice things — I want to be the person who's going to go out and do them no matter what life brings."

What advice would you give to people who want to follow your example? "If you keep it simple, it'll grow. Lots of littles make a big."

CRAIG AND MARC KIELBURGER

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MetroTube

Plants have 'feelings' too

ANDREW FIFIELD
andrew.fifield@metronews.ca

From the We Guess Nothing Likes To Be Eaten file, researchers at the University of Missouri have determined that some plants can hear when animals are munching on them and will go on the defensive.

The team has released a video report on how they came to figure out the defensive techniques of flora, so you too can get intimate with the terrifying sound of a hungry caterpillar.
(MU News Bureau/Vimeo)

SCREENGRAB

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Ebooks

Atlas Shrugged in an Amplified Edition

By. Ayn Rand

iPad

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Beautifully presented, this enhanced study guide edition of Rand's industrial thriller expands on its underlying philosophy with notes, quotations, videos, interviews, a biography, and a timeline. It's helpful in understanding the book's theories on capitalism and altruism, but neglects to explore its colourful characters and captivating battles. Whether you buy into Rand's beliefs or not, it's still an entertaining novel.

Apes franchise

Monkey business boosts box office

Dawn of the Planet of the Apes thumped its chest with a $73 million opening weekend. According to studio estimates Sunday, Fox's Planet of the Apes sequel rode excellent reviews and high anticipation to become one of the summer's best debuts. It easily surpassed the $54.8 million opening to 2011's Rise of the Planet of the Apes, the reboot of the 1970s chimp franchise. The big opening helped give the summer box office a shot in the arm, but it wasn't enough to stop an overall downward trend. The weekend's box office was down nearly 24 per cent from the corresponding weekend last year. **THE CANADIAN PRESS**

Dawn of the Planet of the Apes. CONTRIBUTED

Better Call Saul shows Breaking Bad world before Walter White

Spinoff prequel. Bob Odenkirk plays slippery lawyer Saul Goodman

Vince Gilligan is feeling the weight of expectations. How do you follow a monster hit like Breaking Bad?

The spinoff show Better Call Saul is a prequel to the Emmy-Award winning series and stars Bob Odenkirk, who plays everyone's favourite greasy lawyer Saul Goodman. Asked whether revisiting the same world he created posed new challenges, Gilligan acknowledged it was daunting.

"It's always daunting," he said, adding that it would also be a challenge if it were a completely new show and a whole new universe.

"The chips will fall where they may," he said. "But anything worth doing is worth taking the risk of abject humiliating failure over."

Gilligan was speaking at a television critics conference in Los Angeles to promote the upcoming fall season.

Gilligan said he wanted to do a prequel because he was still intrigued by the slippery Saul character. He said other beloved characters, such as meth distributor Gus Fring (played by Giancarlo Esposito) could be back as well.

"We're figuring out just how, if and when to perhaps see some of these characters," says Gilligan.

Meanwhile, the prequel will be set in 2002, before Saul meets Walter White, who is played by Bryan Cranston.

"We never completely nailed down when Breaking Bad took place," says Gilligan. "We tried hard on Breaking Bad if you noticed, not to be too specific as to when it was, but now we have to kind of be a little more specific than sometimes we're comfortable with. But I think we're about in the year 2002."

Michael McKean (This is Spinal Tap) joins the cast along with Michael Mando (Orphan Black) and Jonathan Banks from Breaking Bad as the fixer Mike Erhmantraut.

Like Breaking Bad, the show is shot in Albuquerque, N.M. The first episode was directed by Gilligan.

TORSTAR NEWS SERVICE

On revisiting same world

"Anything worth doing is worth taking the risk of abject humiliating failure over."

Writer Vince Gilligan

Bob Odenkirk as Saul Goodman in Better Call Saul. CONTRIBUTED

Better Call Saul exec producer/writer Vince Gilligan. FREDERICK M. BROWN/GETTY IMAGES

AUGMENTED REALITY

→ What can fans expect from Better Call Saul? Scan this photo with your Metro News app to hear what Vince Gilligan has to say.

metro AR → See the full instructions on Metro's Voices page.

Coming in 2015

The show was originally slotted for November, but has now been delayed until 2015 for the 10-episode first season.

- **The reason? Gilligan told television critics he is "slow-as-mud as a TV writer. I always have been."**
- **Thankfully, AMC and Sony allowed Gilligan to write Better Call Saul at a "stately" pace.**
- **"We want to think everything through and I think that pays dividends," says Gilligan.**

Tracy Morgan ALL PHOTOS: GETTY IMAGES

Tracy Morgan sues Wal-Mart over accident

Tracy Morgan is out of the hospital and ready to go to court. The still-recovering Morgan is suing Wal-Mart over the horrific car accident that left him with broken ribs, a broken nose and a broken leg and took the life of fellow comedian James McNair, according to Radar Online. Morgan's bus was struck by a Wal-Mart truck driven by Kevin Roper, and the discount retail giant's negligence "was a substantial contributing factor in causing plaintiffs' injuries," the lawsuit states, adding that Roper, who was driving 20 miles over the speed limit at the time, should not have been allowed to drive for nearly 10 hours at Wal-Mart's behest after being awake for more than 24 hours. Representatives for Wal-Mart responded with a statement, calling the crash a "terrible tragedy" and stating, "We are deeply sorry that one of our trucks was involved. As we've said, we're co-operating fully in the ongoing investigation. We know it will take some time to resolve all of the remaining issues as a result of the accident, but we're committed to doing the right thing for all involved."

Noel Clarke

Noel Clarke shoots for the stars

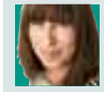
Former Doctor Who co-star Noel Clarke has his sights set on the Star Wars franchise next, and personally he likes his odds of landing a role, according to the Belfast Telegraph. "I know that they've got three main films happening over the next five or six years, and they have one spinoff film in between each one, so I've got five chances to get in one — that's all I'm concerned about," says Clarke, who worked with new Star Wars director J.J. Abrams on Star Trek Into Darkness previously. "I want to be in one at some point, and so if I can do that, I'll be happy. I'll be a granddad by that time, but if I can get in one, I'll be chuffed."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katie Holmes is a lover of literature



STARGAZING
Malene Arpe
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Nick Cannon may be playing Richard Pryor in an upcoming biopic. That's an excellent choice. It will make a great double-bill with Ryan Seacrest's expected gritty turn as Lenny Bruce.

BBC publishes a public plea for people not to share the contents and secrets of five Doctor Who scripts leaked to the web. That was the right and well-considered thing to do, because without that plea I wouldn't have known to go look for those scripts.

Katie Holmes says that the favourite books of her childhood were J.D. Salinger's Franny and Zooey and The Catcher in the Rye and Somerset Maugham's Of Human Bondage as well as all Maya Angelou's work. However, when she turned eight, she put aside childish things and spent a day or two reading Ulysses.

This week in cats 1) Andrew Lloyd Webber is reviving Cats again, this time with Rum Tum Tugger as a "rapping street cat." 2) Ke$ha says "I've always wanted to have a cult; I think I could be a pretty good cult leader, basically. I'm sorry, I do. So I'm going to start a cult and people can be in it if they like to be cats or play with cats or play with cat toys." 3) Katy Perry's new perfume ad features her as an avenging warrior spritzing an evil emperor with her new fragrance, Killer Queen's Royal Revolution, until he turns into a kitten.

Zac Efron and Michelle Rodriguez are photographed making out and Joe Manganiello and Sofia Vergara are dating. Finally, finally, finally something goes right for attractive people.

Jessica Simpson gets married at last, but reportedly completely flubs her vows. Much like the rest of us, she has no idea what her husband's name is.

Sharon Stone

No butts about it, Sharon Stone is one feisty lady

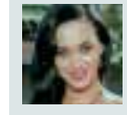
Sharon Stone is a national treasure, if for no other reason than how she talks about her butt. The stunning 56-year-old recently told E! News that even though she's in great shape, going on vacation has her feeling nervous about her body. "I haven't worked out in a couple of months because I just didn't feel like it. But now I'm going on vacation and I know what they're going to do. (The tabloids) are going to put a circle around my ass and do one of those crazy magnified pictures saying, 'What happened to her ass? It's a bag of cheese,'" she laments. "I would just like to say it's a fine triple crème brie! Right when they zoom in I should have a tattoo on my ass that says, 'You wish you could get a bite of this.'"

Orange fans seeing red over satire site's faux report

Don't worry, Orange is the New Black fans: Your favourite show about women in prison hasn't actually been cancelled. A site that's apparently supposed to specialize in satire called Empire News posted a story over the weekend that Netflix had cancelled the Emmy-nominated series, which is currently filming its third season. Naturally, fans online freaked out, because that's what going online is for. I guess everyone was supposed to know it was a hoax because of this patently ridiculous quote at the end of the article attributed to Netflix CEO Reed Hastings: "A woman's place is in the home, in the kitchen, taking care of children. A woman in jail? How does anyone watch this show in the first place?" That's ... just not good, even as satire. Hey, Empire News? You're doing it wrong.

Twitter

@MarlonWayans
Truth be told I'd rather work than party.



@katyperry
I love pita chips!

@mindykaling
If my body looked that good I would not be that embarrassed of my sex tape

LIFE

Poor excuses for staying in debt

Bad with money?
There are no good reasons for not getting yourself out of debt

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Deal with your debt by giving up just half an hour of couch-potato time twice a week for budgeting. ISTOCK

Every time I think I've heard it all, someone pops up with a new way to excuse the fact that their money management is in the crapper. Here are some of my faves:

We got a consolidation loan and paid off our credit cards, so we're doing better.
Really, you paid off your debt with other debt? That's not paid off, my little chickadee — that's delusional.

Consolidation makes sense when you reduce your interest costs and then work aggressively to repay the debt. But if you're sitting back smugly because you've reduced your payments so you have more money to spend on rubbish, I want to reach out and slap you.

Consolidating using a mortgage is one of the more time-honoured ways of making debt more expensive over the long term. Lots of people consolidate using the equity in their homes. Then they pretend that everything is OK, because now it's "mortgage debt" and that's good debt, isn't it? Hey, tell the truth. It's still consumer credit; it's just been shuffled to somewhere you don't have to look at it. And believe me, it's costing you.

I worked with one couple who re-mortgaged their home three times to cover their uncontrolled overspending. Over the life of their mortgage, they had increased their interest costs from about $150,000 to almost $600,000.

Sure it's a lot of debt, but hey, everybody's in debt, so what's the big deal?
And if everyone were running screaming off the side of a cliff, you'd do that, too, right?

There's no question that debt has become so commonplace that it seems like everyone's in it. And if you grew up in a family that had it all, including the debt, you may think this is "normal." I worked with one couple that was so comfortable with their debt that they had never made a mortgage payment from cash flow. Every single mortgage payment had come from their line of credit.

If debt seems like a normal state of being for you, it means you have to change your thinking. Debt is not normal for someone who is financially healthy. You can make the choice to remain delusional, or you can choose financial stability. The old way may be more fun, at least in the short term, but the new way will keep you and your family safe and sound.

I don't have time to budget.
Really, your most important resource and you don't have the time to manage it? Could it be that your priorities are a little skewed?

On average we spend about three hours every day watching TV. So you only need to reallocate a measly half-hour twice a week to money management to go from being a financial slug to smart about your money.

Close in hand with this goes, "You have to have money to make a budget work." One young lady wrote me to say that her parents had recommended she use a budget and her response was, "You have to have money to make a budget work, right Gail?" Believe it or not, she was asking *me* to tell her a budget was pointless. Really?

Sadly, people don't think that all that dough they bring in that goes to paying the rent or buying food is "money." For them, only the stuff they can spend indulging their whims is "money." And so they don't make a budget and look for ways to trim. Or perhaps it is because if they made a budget, they would discover just how much money they were blowing every month on stuff, and would have to change their behaviour. Lord forbid!

My partner is the problem.
I've met couples where one person is the major culprit in acquiring debt. The other person stands meekly by as Mr. or Mrs. I-have-to-have-everything charges them into a debt whole. They shrug and claim to have no ability to change their partner's behaviour. Here's my big question: Is this the way you're going to live the rest of your life, walking a tightrope, waiting for the axe to fall? And if you have children, do you think this is creating any sense of security for them?

For as many couples that I've met where one partner claims the other is the problem, I've met couples where they are both, in their own inimitable way, doing dumb things. One husband claimed his wife was the problem because she went shopping every day at work during lunch, bringing home items that she'd hide from him. He saw nothing wrong with dropping $10K on a new motorbike. That's a lot of skirts, dude!

If you're still making excuses about why you're *in* debt, maybe it's because you're not yet committed to getting *out* of debt. Some people aren't. They haven't heard the whistle blow that tells them the train is headed straight for 'em.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Here's to not drinking to your health

Giving up even casual drinking could literally do your heart good. ISTOCK

A glass or two of booze is good for your heart, according to long-standing medical advice drinkers are fond of citing.

But, according to a study published last week, this cherished invitation to say "cheers" is well off the mark.

Reducing even light consumption of alcohol will not only improve your chances against coronary heart disease, but also help you lose weight and ease high blood pressure, it said.

Writing in the British Medical Journal, researchers carried out a survey of 50 published studies into the drinking habits and health of more than 260,000 people of European descent.

New study

"Even if you're a light drinker, reducing your alcohol consumption could be beneficial for your heart."
Juan Casas, the professor who led the study

They looked especially at those with a key variant of a gene called ADH1B. Previous research has found that a single change in the DNA code in this gene makes people less sensitive to drink, and thus less at risk from alcoholism.

The study discovered that individuals with the variant drank 17 per cent fewer units of alcohol per week and were 78 per cent less likely to binge-drink than those without it.

They also had a 10 per cent lower risk of coronary heart disease and enjoyed lower systolic blood pressure and body mass index (BMI).

Independent commentators said the study is interesting, not least because it challenges what is now almost dogma. But, they cautioned, the debate is far from over. AFP

'Round the world wisdom

Facing adversity? Why we quit

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Every day, someone we know quits their job, quits on their health, quits a marriage, or quits on themselves. It is an epidemic. In my experience of multi-day desert running events, while 20 to 40 per cent of athletes do not finish, once athletes pass their "hump days" they almost never quit. But when is hump day? In many ways, be it in a race or in life, *when* hump day occurs is arbitrary; we decide when it is. However, the quitting pattern is obvious.

Our "quitting quotient" — the likelihood we will give up on or abandon a project — is determined mainly by our mental relationship with what lies ahead. If the task feels insurmountable, our level of fighting spirit and motivation sinks. "I can't do another day — the worst has yet to come" are words I heard many times in the desert. Yet, at the same time, I heard just the opposite from other runners in the same situation: "I've passed hump day — the worst is behind me." The motivation levels of this second group of runners soared. Statistically, in a five-day desert race, where athletes run a marathon on each of the first four days and a double marathon on the fifth, most of the quitting occurs after days one and two, rarely after day three, and never after day four — although the next day is the most physically punishing. By then, quitting is no longer an option as we see "light at the end of the tunnel."

Sometimes you hit your "quitting quotient" earlier than expected. ISTOCK

Of course, life hands us many things that we are better off quitting if we perceive better and healthier opportunities elsewhere. What the lesson is for all of us, however, when grinding through a rough patch in life or in the desert, is to adopt an "I will do this" mindset as opposed to hoping to get passed the elusive hump day.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

A job hunting guide for new graduates

LAKSHMI GANDHI
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Now that graduation has come and gone, it's time for the Class of 2014 to jump-start the job search. It can be hard for new grads to figure out how best to sell themselves when their work experiences consist of part-time positions and internships.

Caroline Ghosn is here to help. As the founder and CEO of Levo, an organization that mentors young women entering the workforce, she's often asked for tips and advice. Here are her suggestions for recent grads.

Show your resumé over and over again

"The biggest mistake new grads make is that they don't get a second set of eyes to look at their resumé," says Ghosn. She suggests finding three or four trusted friends or colleagues to review your resumé and make suggestions.

"That sounds like a lot," Ghosn admits, "but your resumé is only going to change for the better. You look at your resumé over and over, and you start to miss things. The third or fourth editor will really help you tighten it up."

You've graduated! Now grab those resumés and get out there. ISTOCK

Tell a story

Don't worry if you think your resumé is a little light on experience. "It's all about how to tell the story and making the story about your transferable skills," says Ghosn. "You have to figure out how you can connect the dots. Let's say you were the social chair of a student organization or a fraternity or sorority. Your skills would be managing timelines, budgets and logistics." And don't discount retail or food services positions. "I've never learned more about stakeholder management than when I was a waitress," Ghosn notes. "You learn how to approach people who want you to fix their problems immediately."

Be passionate

Don't worry if you appear a bit nervous at your first few interviews. "What interviewers are looking for is not someone that is stoic and cool as a cucumber," says Ghosn. "Interviewers are looking for passion, not perfection."

An interview wardrobe must-have

Ghosn says every new grad should have a good blazer in the closet to complete an appropriate business look. "It makes a casual outfit instantly more professional," she says.

Don't be intimidated

"You have everything you need as a young grad to succeed. You are coming into this new world as a digital native and possess skills that other people are learning now," Ghosn says. "Focus on the things you have to offer."

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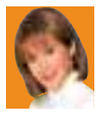
This recipe serves four. ROSE REISMAN

Ginger-hoisin dressing, Napa cabbage and steak come together for a taste of Asia

Salad Spotlight. Who wants to eat a heavy meal during the summer? This week, Metro lightens it up with great options like this Thai Beef Salad



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Here's a great way to have your steak and eat it, too!

Lean meat is an excellent source of protein and is low in fat and saturated fat. The key to eating red meat is to enjoy it as a side to a meal rather than the main course.

The leanest meats include top sirloin, flank, New York sirloin and beef tenderloin.

FLASH FOOD

From your fridge to your table in 30 minutes or less

You want to minimize the fatty steaks including rib-eye, porterhouse and skirt steak.

This Asian-flavored salad combines Napa cabbage and romaine, along with sweet orange segments, sugar snap peas and toasted cashews.

The tasty light dressing has a base of a ginger-hoisin sauce that complements the salad beautifully.

If your guests love steak, you can easily double the portion since two ounces is acceptable in terms of calories and fat. Feel free to substitute grilled chicken breast, pork, shrimps or tofu for the beef.

Directions

1. Grill the steak just until cooked to your preference. Cool for 10 minutes, then slice thinly.

2. On a large serving platter, add the cabbage, lettuce, bell peppers, peas, orange segments, onion, cilantro, cashews and steak slices.

3. To make the dressing: Combine the hoisin, lemon juice, soy sauce, garlic, ginger, honey and hot sauce and pour over top.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving: 210 calories; 27. 1 carbohydrates; 6.5 fibre; 11.6 g protein; 6.6 g total fat; 2.2 g saturated fat; 21 mg cholesterol; 433 mg sodium

Ingredients

- 4 oz New York strip steak
- 3 cups chopped napa cabbage
- 3 cups chopped romaine lettuce
- 1 cup sliced red bell peppers
- 1 cup sugar snap peas, cut in half
- 3/4 cup diced orange segments
- 1/3 cup sliced red onion
- 3 tbsp chopped cilantro
- 3 tbsp chopped toasted cashews

Dressing

- 2 tbsp hoisin sauce
- 1 tbsp fresh lemon juice
- 2 tbsp low-sodium soy sauce
- 1 1/2 tsp minced garlic
- 1 tsp chopped ginger
- 1 1/2 tsp honey
- 1/2 tsp hot sauce

Golf

Rose takes the Scottish Open

Justin Rose won the Scottish Open by two shots after a final round 6-under 65 on Sunday, sealing back-to-back victories on either side of the Atlantic ahead of next week's British Open.

The 2013 U.S. Open champion turned the last day into a procession, rolling in six birdies and going bogey-free on a windless Royal Aberdeen links course that was there for the taking on a day of low scoring.

Unheralded Swede Kristoffer Broberg finished second on 14 under after a 66. That earned him one of the three qualifying places for the British Open at Hoylake, along with other top-10 finishers Tyrrell Hatton and Scott Jamieson.

THE ASSOCIATED PRESS

Swimming

Agnel beats Phelps in the 100-metre freestyle

Michael Phelps was beaten by Yannick Agnel in the 100-metre freestyle at the Bulldog Grand Slam on Sunday.

Agnel, who won two gold medals for France at the 2012 London Olympics, won with a time of 49.37 to Phelps' 49.42.

Ryan Lochte won the 200 individual medley in 1:58.65, defeating Chase Kalisz (1:59.38).

Allison Schmitt, a six-time Olympic medallist who won three golds in London, won the women's 100 freestyle with a time of 54.64. Megan Romano was second in 54.93.

THE ASSOCIATED PRESS

Germany reigns over Messi's World Cup

Fourth title. Tense final clinched on a majestic Mario Goetze volley in extra time

With two quick and sublimely deft touches, Mario Goetze ended Germany's 24-year wait for another World Cup title.

Goetze scored the winning goal in extra time to give Germany a 1-0 victory over Argentina on Sunday in a tight and tense World Cup final that came down to a few moments of individual skill.

Goetze, who wasn't born when West Germany beat Argentina in the 1990 final, controlled a cross with his chest in the 113th minute and in one fluid motion volleyed the ball past goalkeeper Sergio Romero and inside the far post from five metres out.

It was a goal that gave Germany its fourth World Cup title in its eighth final and left Argentine star Lionel Messi still walking in the shadow of his compatriot Diego Maradona, who led his country to the 1986 title.

Goetze went on as a substitute for Miroslav Klose toward the end of regulation time and the 22-year-old midfielder's fresh legs made the difference.

Andre Schuerrle broke down the left flank, sending his cross into the area, and the Bayern Munich player did the rest with a clinical finish. The goal echoed that of Andres Iniesta's four years ago, when the midfielder scored in similar fashion but from the other side of the area to give Spain a 1-0 extra-time win over the Netherlands.

Germany's Mario Goetze volleys it into Argentina's net past goalkeeper Sergio Romero in extra time in the final of the World Cup at the Maracana Stadium in Rio de Janeiro, Brazil, Sunday. NATACHA PISARENKO/THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News app for more images from the World Cup's grand finale in Rio de Janeiro.

metro AR

→ See the full instructions on Metro's Voices page.

"It's incredible. The team did it beautifully," said Manuel Neuer, who was voted the tournament's best goalkeeper. "At some point we'll stop celebrating but we'll still wake up with a smile."

For Germany, the win ends a string of near misses since winning its last major title at the 1996 European Championship. The team lost the 2002 World Cup final to Brazil and lost in the semifinals in both 2006 and 2010.

Argentina had not been back in the final since that 1990 loss and has now been beaten by Germany in the last three World Cups.

"This was our chance, and we felt that way. We couldn't do it. We have to lift our head and suffer the pain," Argentina midfielder Javier Mascherano said. "Obviously, the pain is tremendous. We wanted the cup for Argentina."

It is Germany's first title as a unified nation, having won as West Germany in 1954, 1974 and 1990. It was also the third final between these countries and had been billed as a matchup between Germany's machine-like unit versus the brilliance of Messi, the four-time world player of the year. But in the biggest game of his career, Messi came up short.

THE ASSOCIATED PRESS

4 SPORTS

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50 YEARS

Rays' Price makes Jays pay for poor play in Tampa Bay

Pitcher David Price of the Tampa Bay Rays smiles on the mound during the eighth inning of a game against the Toronto Blue Jays on Sunday at Tropicana Field in St. Petersburg, Fla. BRIAN BLANCO/GETTY IMAGES

MLB. Shorthanded Toronto musters only five hits in last game before all-star break

The Toronto Blue Jays have had enough of patched-up lineups, enough of David Price and enough of baseball for a while.

Price scattered five hits in eight-plus innings to help the Tampa Bay Rays hand the Blue Jays their eighth loss in 10 games, 3-0 Sunday in the teams' final game before the all-star break.

"It's an opportune time for us to push the rest button, for sure," Toronto starter R.A. Dickey said. "Everybody's inching back toward being healthy. This gives us four days."

Price (9-7), who won his fourth consecutive start, was pulled after giving up a leadoff single in the ninth to Melky Cabrera. Cabrera moved up on a wild pitch by reliever Jake McGee to become the first Toronto runner in scoring position after the first inning.

"Everybody in baseball needs a break," Blue Jays manager John Gibbons said. "Everybody's been battling it out, everybody's worn-out tired, and we definitely need one."

The Rays, who have won 11 of 15, got RBI singles from Logan Forsythe and Jose Molina. McGee got three outs for his seventh save.

Dickey (7-9) gave up two runs and five hits over six innings. Toronto has not won a road series against Tampa Bay since April 2007, a span of 22 sets.

"Please don't ask a question about the streak in Tampa," Gibbons pleaded.

Despite their recent struggles, the Blue Jays' 49 wins at the all-star break are their most since 2006. A win Sunday would have given them 50 victories before the break for the first time since 1992, but they are a team in need of a break.

"Everybody wants to pick up the slack, especially when you lose (Brett) Lawrie, (Adam) Lind and (Edwin) Encarnacion, all big cogs in the engine of our offence," Dickey said.

THE ASSOCIATED PRESS

On Sunday

Rays	Jays
3	0

Time to reload

"Hopefully when the second half rolls around, we'll be able to take a deep breath and whatever it is we have to offer individually, we'll bring that."

Toronto pitcher R.A. Dickey, on the Blue Jays' recent slump

Baseball

Abercrombie bails out Goldeyes with walk-off homer

It took a while for former major-leaguer Reggie Abercrombie to get his first hit of the day on Sunday afternoon, but for the 5,232 rain-drenched fans in attendance at Winnipeg's downtown ballpark, it was well worth the wait.

At the dish in the bottom of the 11th, Abercrombie took a 3-2 pitch deep over the fence in left to snap Winnipeg's five-game losing skid and hand the Goldeyes a dramatic 4-2 victory over the Gary SouthShore RailCats.

"I've been struggling a little bit, just trying to see the ball deep," said Abercrombie, drenched in shaving cream and baby powder from the onslaught he received from his teammates following his walk-off dinger. "Fortunately he left a curveball out. I put a good swing on it and got it out."

Winnipeg lead 2-0 for the majority of the game, carried by the arm of starter Chris Salamida, who tossed a beauty through eight-plus innings of shutout ball. But a pair of Winnipeg errors in the top of the ninth allowed two RailCats to cross home and tie the game.

Now the task of facing the second-place St. Paul Saints is upon the division-leading Goldeyes, as the clubs will make up a couple rain-outs by playing five games in less than 72 hours on Tuesday through Thursday in Winnipeg.

DARRIN BAUMING/FOR METRO

Carmelo Anthony: 'I am a New York Knick at heart'

Carmelo Anthony wanted to be a Knick a few years ago, and nothing has changed now.

Anthony is staying in New York, announcing his decision Sunday in a posting titled "My City, My Heart" on his website.

"This organization has supported me, and in return I want to stay and build here with this city and my team," Anthony said.

He explained that he owed it to himself to explore all his options as a free agent and thanked the teams he met with for their interest.

Taking one for the team

"He did exactly what we kind of asked him to do — give us a break in the early part of his contract."

Knicks coach Phil Jackson

"Through it all, my heart never wavered," he wrote.

The Knicks can pay the all-star forward nearly $130 million over five years, though Anthony said he would be open to taking less than the maximum salary if it would help build a winning team — and team president Phil Jackson said Sunday that Anthony did that.

Anthony decided four summers ago he wanted a trade from Denver to New York, and the Nuggets were finally able to accommodate him in February 2011. Anthony, who was born in Brooklyn, wrote in his posting that at that time he had dreamed of coming back to New York. THE ASSOCIATED PRESS

NBA

Heat ink Bosh to five-year deal

Chris Bosh is staying in Miami because of his family — and because he believes the Heat will still be competitive without LeBron James.

Bosh made his comments Sunday in an interview with The Associated Press from Ghana, where he's been doing some work with NBA Africa in recent days while taking a break from a family vacation.

He'll soon be signing a five-year, $118-million contract to stay with the Heat.

THE ASSOCIATED PRESS

Ian Thorpe. Former Olympic swimmer comes out after years of denial

Five-time Olympic swimming gold medallist Ian Thorpe for the first time publicly confirmed that he is gay during a television interview on Sunday, ending years of speculation.

Thorpe, who had long denied that he was gay, told British talk-show host Michael Parkinson in an interview broadcast on Australia's Channel 10 that he just recently realized the truth about himself.

"I'm not straight," Thorpe said. "And this is only something that very recently — we're talking in the past two weeks — I've been comfortable telling the closest people around me exactly that."

In his 2012 autobiography This Is Me, Thorpe wrote, "For the record, I am not gay and all of my sexual experiences have been straight. I'm attracted to women, I love children and aspire to have a family one day."

He said he wishes he had come out sooner.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Resist the urge to make value judgments about others. We all have different fates and you cannot know what is right for someone else. The only behaviour you should be concerned with is your own.

♉ Taurus
April 21 - May 21
Act quickly if someone offers something you desire. It's OK to be cautious, but if you wait too long the opportunity could be offered to someone else.

♊ Gemini
May 22 - June 21
If you need to do something that is going to take a lot of physical energy, now is the time. Also, don't wait to be offered something you are in a position to take for yourself.

♋ Cancer
June 22 - July 23
You know that everything will turn out for the best but it may be hard to convince the logical side of your mind. The way to overcome fear is through faith.

♌ Leo
July 24 - Aug. 23
The more others say you should be disciplined, the more you will go out of your way to rebel. There is no logical reason you should follow the rules just because others say you must.

♍ Virgo
Aug. 24 - Sept. 23
You may be apprehensive about the changes now taking place but if you go with the flow, nothing bad will happen.

♎ Libra
Sept. 24 - Oct. 23
You will be assertive and adventurous over the next 24 hours and that's good. Employers and other important people will be impressed by your can-do attitude.

♏ Scorpio
Oct. 24 - Nov. 22
Your imaginative powers will be strong today but that will only be good if you have a positive attitude. If you allow the unknown to scare you, over the next 24 hours you will be sent scurrying for cover.

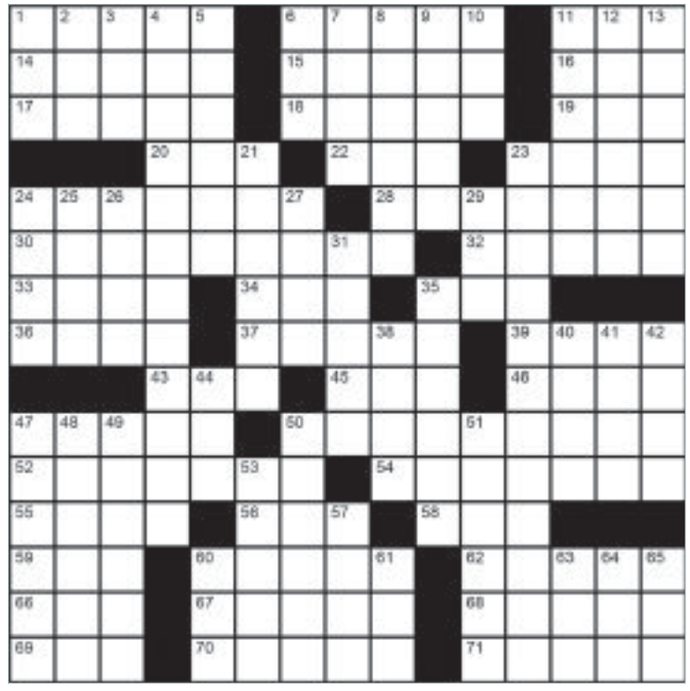
♐ Sagittarius
Nov. 23 - Dec. 21
The planets encourage you to be inventive and if you are able to respond you will create something that will be praised.

♑ Capricorn
Dec. 22 - Jan. 20
Look for ways to turn new developments to your advantage. If you can do that, this should be an amazingly productive time for you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't usually let your passions get the better of you but they will today. You won't care what others think about what you do or say. That is, you won't care today. Tomorrow you may be embarrassed!

♓ Pisces
Feb. 20 - March 20
If you respect others they will respect you. If you say or do things that others find offensive you can expect backlash.

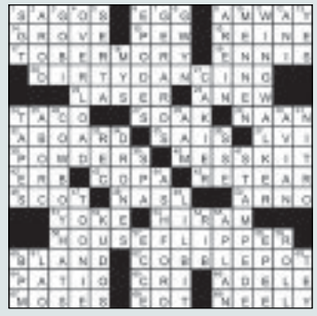
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Heroic poems
6. "It just doesn't __ __..." (Detective's observation)
11. Blue Bombers, on scoreboards
14. Circus card
15. Canada's Environment Minister, Ms. Aglukkaq
16. ISP, e.g.
17. Dare Maple Leaf __ Cookies
18. Boris __, Montreal-born conductor
19. Wheat: French
20. Chosen __
22. Nero's 1501
23. British band, __ Shaker
24. __ paint
28. Canadian jazz group, __ Au Quartet
30. Ontario... Starring role in current Shaw Festival play The Philadelphia Story: 2 wds.
32. __ __ Own Write (John Lennon book)
33. Mr. Young
34. "Sprechen __ Deutsch?"
35. Li'l diagram
36. 'Wine'-meaning prefix
37. Basketball great Shaquille
39. Chunk
43. Container
45. Litigate
46. Actress Diane
47. Heinz Canada brand, __-Getti
50. Egg-free mayo brand
52. Quandary
54. On-the-wall lights
55. Podium
56. Eyeball
58. Said a li'l 'hello' like Rocky
59. '_' __ for London
60. Perform off-the-cuff
62. Jennifer or Meg
66. Tee-predecessor
67. Labatt-like
68. Playing cards guy
69. Date
70. __ River, Nunavut
71. Writer Ms. Christie, to pals

Down
1. And so on [abbr.]
2. Golf standard
3. U2's home, for short
4. What people often change into after work: 2 wds.
5. __-eyed gaze
6. Religious robe
7. Skin-care products suffix
8. Thingamabob
9. Johnny Mathis hit bit: "..__ the twelfth of never..."
10. Ms. Benatar
11. Labrador City's twin town
12. Hoi __ (Common people)
13. Gradually gathers
21. Volleyball Tom Hanks befriends in "Cast Away" (2000)
23. __ __ Historical Settlement (Where the 1800s are recreated in New Brunswick)
24. __ time (Never): 2 wds.
25. First Nation of Manitoba
26. Umbrella reason
27. Quarter, for one
29. Gladiator's 52
31. Della of "Touched by an Angel"
35. Fabric softener brand
38. Jul.'s followers
40. Secular
41. L'__ aux Meadows
42. Wax workers?
44. Beatles: "_ __ the Walrus"
47. Muddles
48. Arbitrate
49. Crinkly fabric
50. Group of Seven member, Frederick __ (b.1881 - d.1969)
51. __ Sound, BC
53. Example
57. Chirping creature
60. "When Smokey Sings" band
61. TTFN
63. Jet __ (Traveller's woe)
64. Gladiator's 56
65. "__-haw!"

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				2			
			6				7	5
1		3	4	5				9
	4		2	9				
				1	4		2	
2				7	5	4		6
7	3				9			
			8				1	3

Friday's Sudoku

1	5	8	7	6	9	3	4	2
3	4	6	2	1	5	8	7	9
2	9	7	4	8	3	5	6	1
8	1	2	9	4	6	7	5	3
5	6	3	8	7	2	9	1	4
4	7	9	5	3	1	2	8	6
9	2	4	6	5	7	1	3	8
7	8	1	3	9	4	6	2	5
6	3	5	1	2	8	4	9	7

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The fact is, it doesn't matter what you choose. All beverage containers are recyclable, regardless of what's inside. So whether it's a bottle, can, carton or juice box, be sure to drop it in a blue bin after you're done.

Enjoy it.
Recycle it.